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Olympic Wushu, Fencing, and Bodybuilding: Competition & 6×6 Program

Wushu (Olympic/Competition Format)

- Wushu competitions include *taolu* (routines) and *sanda* (sparring).
- *Taolu* events are judged on difficulty, movement quality, and overall performance, with compulsory and optional routines depending on age and event[1] [2].
- Group events (*jiti*) require at least 6 participants, emphasizing synchronization; time limits vary by routine type, typically 1–4 minutes[2] [3].

Fencing (Olympic/Competition Format)

- Olympic fencing includes three weapons: foil, épée, and sabre.
- Matches are structured as individual or team bouts, with points scored for valid touches.
- Bouts are fast-paced and demand agility, precision, and tactical skill.

Bodybuilding 6×6 Program

- The 6×6 bodybuilding workout involves 6 sets of 6 reps across 6 exercises, often used for full-body training[4].
- Typical structure:
  - 6 sets x 6 reps per exercise
  - Short rest intervals (~45 seconds)
  - Focuses on muscle hypertrophy, strength, and endurance

Sample 6×6 Full-Body Workout

- Squat
- Bench Press
- Deadlift
- Pull-Up or Lat Pulldown
- Barbell Row
- Overhead Press

This style of training is popular in competitive bodybuilding for building muscle density and improving work capacity[4].

Summary Table

Sport	Competition Format	6×6 Program Role
Wushu	Routines, group/dual events, judged	Not typical

Sport	Competition Format	6×6 Program Role
Fencing	Individual/team bouts, scored	Not typical
Bodybuilding	Posed competition, judged physique	Muscle-building method [4]

For bodybuilding, the 6×6 program is a proven approach to increase muscle mass and strength, while wushu and fencing focus on skill, technique, and performance in their respective competitions.

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5×5 Bodybuilding Program Overview

The 5×5 bodybuilding program is a proven strength and muscle-building routine focused on compound barbell lifts. It's simple, effective, and ideal for athletes in sports like wushu and fencing who need a strong, balanced physique.

Core Principles

- Perform 5 sets of 5 reps (5×5) for most exercises, using heavy weights and focusing on progression.
- Train three times per week, with at least one rest day between sessions for recovery and muscle growth [5] [6].
- Emphasizes major compound movements to work the entire body efficiently [5] [6] [7].

Typical Weekly Structure

Workout A	Workout B
Squat 5×5	Squat 5×5
Bench Press 5×5	Overhead Press 5×5
Barbell Row 5×5	Deadlift 1×5

- Alternate between Workout A and B each session, e.g., Monday (A), Wednesday (B), Friday (A), then swap the next week [6] [5].
- Deadlifts are performed for only 1 set of 5 reps due to their high demand on the body [5] [6].

Key Exercises

- Barbell Back Squat
- Barbell Bench Press
- Barbell Deadlift
- Barbell Overhead Press
- Barbell/Bent-Over Row

Progression

- Add weight to each lift every session if all sets and reps are completed with good form[5] [6].

Benefits

- Builds foundational strength and muscle mass
- Improves athletic performance for sports requiring power and stability
- Efficient for busy schedules, with short, focused workouts[6] [8]

This program is especially effective for athletes who want to increase strength, muscle size, and overall athleticism[5] [6] [7].

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1. https://en.wikipedia.org/wiki/Wushu_(sport)
2. https://iwuf.org/wp-content/uploads/2020/03/IWUF-Wushu-Taolu-Competition-Rules-Judging-Methods-Excerpt-2019.pdf
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